

Full Report (All Nutrients) 16052, Broadbeans (fava beans), mature seeds, raw

Report Date:December 05, 2014 20:17 EST

Nutrient values and weights are for edible portion

Food Group : Legumes and Legume Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup 150g	1.0 tbsp 9.4g
Proximates						
Water	g	10.98	100	--	16.47	1.03
Energy	kcal	341	--	--	512	32
Energy	kJ	1425	--	--	2138	134
Protein	g	26.12	104	--	39.18	2.46
Total lipid (fat)	g	1.53	101	0.113	2.30	0.14
Ash	g	3.08	102	--	4.62	0.29
Carbohydrate, by difference	g	58.29	--	--	87.44	5.48
Fiber, total dietary	g	25.0	--	--	37.5	2.4
Sugars, total	g	5.70	--	--	8.55	0.54
Minerals						
Calcium, Ca	mg	103	31	--	154	10
Iron, Fe	mg	6.70	30	--	10.05	0.63
Magnesium, Mg	mg	192	10	--	288	18
Phosphorus, P	mg	421	29	--	632	40
Potassium, K	mg	1062	8	61.434	1593	100
Sodium, Na	mg	13	5	--	20	1
Zinc, Zn	mg	3.14	10	--	4.71	0.30
Copper, Cu	mg	0.824	10	--	1.236	0.077
Manganese, Mn	mg	1.626	8	0.148	2.439	0.153
Selenium, Se	µg	8.2	--	--	12.3	0.8
Vitamins						
Vitamin C, total ascorbic acid	mg	1.4	1	--	2.1	0.1
Thiamin	mg	0.555	11	--	0.833	0.052

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup 150g	1.0 tbsp 9.4g
Riboflavin	mg	0.333	12	--	0.500	0.031
Niacin	mg	2.832	11	--	4.248	0.266
Pantothenic acid	mg	0.976	8	0.070	1.464	0.092
Vitamin B-6	mg	0.366	8	0.010	0.549	0.034
Folate, total	µg	423	8	33.794	634	40
Folic acid	µg	0	--	--	0	0
Folate, food	µg	423	8	33.794	634	40
Folate, DFE	µg	423	--	--	634	40
Choline, total	mg	95.8	--	--	143.7	9.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	--	--	4	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	32	--	--	48	3
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	53	--	--	80	5
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.08	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	9.0	--	--	13.5	0.8
Lipids						
Fatty acids, total saturated	g	0.254	--	--	0.381	0.024
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.004	--	--	0.006	0.000
14:0	g	0.002	--	--	0.003	0.000
16:0	g	0.204	--	--	0.306	0.019

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup 150g	1.0 tbsp 9.4g
18:0	g	0.031	--	--	0.047	0.003
Fatty acids, total monounsaturated	g	0.303	--	--	0.454	0.028
16:1 undifferentiated	g	0.002	--	--	0.003	0.000
18:1 undifferentiated	g	0.297	--	--	0.445	0.028
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.627	--	--	0.940	0.059
18:2 undifferentiated	g	0.581	--	--	0.871	0.055
18:3 undifferentiated	g	0.046	--	--	0.069	0.004
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	124	--	--	186	12
Amino Acids						
Tryptophan	g	0.247	32	--	0.370	0.023
Threonine	g	0.928	63	--	1.392	0.087
Isoleucine	g	1.053	63	--	1.580	0.099
Leucine	g	1.964	63	--	2.946	0.185
Lysine	g	1.671	66	--	2.506	0.157
Methionine	g	0.213	176	--	0.320	0.020
Cystine	g	0.334	146	--	0.501	0.031
Phenylalanine	g	1.103	63	--	1.654	0.104
Tyrosine	g	0.827	60	--	1.240	0.078
Valine	g	1.161	63	--	1.742	0.109
Arginine	g	2.411	64	--	3.616	0.227
Histidine	g	0.664	62	--	0.996	0.062
Alanine	g	1.070	54	--	1.605	0.101
Aspartic acid	g	2.916	54	--	4.374	0.274
Glutamic acid	g	4.437	54	--	6.656	0.417
Glycine	g	1.095	61	--	1.642	0.103

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup 150g	1.0 tbsp 9.4g
Proline	g	1.099	48	--	1.648	0.103
Serine	g	1.195	54	--	1.792	0.112
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein 1 2 3 4 5	mg	0.3	10	1	0.5	0.0
Genistein 1 2 3 4 5 6	mg	0.1	13	0.52	0.2	0.0
Glycitein 1 4	mg	0.3	4	0.5	0.4	0.0
Total isoflavones 1 2 3 4 5	mg	0.6	10	1.93	1.0	0.1
Biochanin A	mg	0.1	6	0.23	0.2	0.0
Formononetin	mg	0.0	6	0.02	0.0	0.0
Coumestrol	mg	0.0	6	0	0.0	0.0
Proanthocyanidin						
Proanthocyanidin monomers 7	mg	80.8	3	0	121.3	7.6
Proanthocyanidin dimers 7	mg	73.5	3	0	110.2	6.9
Proanthocyanidin trimers 7	mg	0.1	3	0	0.2	0.0

¹Antonelli, M. L., Faber, A., Pastorini, E., Samperi, R., and Lagana, A. . **Simultaneous quantification of free and conjugated phytoestrogens in leguminosae by liquid chromatography-tandem mass spectrometry**, 2005 Talanta 66 pp.1025-1033

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³Mitani, K., Narimatsu, S., and Kataoka, H. **Determination of daidzein and genistein in soybean foods by automated on-line in-tube solid-phase microextraction coupled to high-performance liquid chromatography**, 2003 J. Chromatogr. A 986 pp.169-177

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⁷de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. **Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages.**, 2000 J. Agric. Food Chem. 48 pp.5331-5337

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1367 BROAD BEAN
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED

- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0052 RIPE OR MATURE